

# Take5

steps to wellbeing

**Practise these five simple steps every day to help you feel more positive and able to get the most out of life.**

## Connect



Connect with family, friends, colleagues and neighbours. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support you and enrich your life.

## Keep learning



Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Set a challenge you will enjoy. Learning new things will make you feel more confident, as well as being fun to do.

## Be active



Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

## Take notice



Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how they make you feel.

## Give



Do something nice for a friend or stranger, thank someone, or volunteer your time. Seeing yourself and your happiness linked to the wider community can be rewarding and will create connections with the people around you.

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